

# DECEMBER 2020

## FIRST METHODISTS IN MOTION

SUN

MON




TUE

WED

THU

FRI

SAT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Classes are held in</u>  <u>Church</u>  <u>Activity Center</u>  <u>(CAC)</u>  <u>345-7261 Ext, 120</u></p>	<p>Walking track open  M-Th 8:00-4:30  F—8:00-12:30</p>	<p>1  9:00 Linda  TBC</p>	<p>2  8:00 Beth  Senior Fitness  1:30 Linda YOGA</p>	<p>3  </p>	<p>4  8:00 Janice  Senior Fitness  9:00 Janice  STEP&amp;SCULPT</p>	<p>5</p>
<p>6  Dec Wellness  Focus -  Coping with  Depression and  Anxiety</p>	<p>7  8:00 Beth  Senior Fitness  9:00 Janice  Aerobics Workout</p>	<p>8  9:00 Linda  STEP&amp;SCULPT</p>	<p>9  8:00 Beth  Senior Fitness  1:30 Linda YOGA</p>	<p>10</p>	<p>11  8:00 Janice  Senior Fitness  9:00 Janice  STEP &amp; SCULPT</p>	<p>12</p>
<p>13  </p>	<p>14  8:00 Beth  Senior Fitness  9:00 Janice  Interval Workout</p>	<p>15  9:00 Linda  TBC</p>	<p>16  8:00 Beth  Senior Fitness  1:30 Linda YOGA</p>	<p>17</p>	<p>18  8:00 Linda  Senior Fitness  9:00 Linda  STEP&amp;SCULPT</p>	<p>19</p>
<p>20  NO CLASSES  THIS WEEK !  HAPPY  HOLIDAYS</p>	<p>21  Like us on  Facebook</p>	<p>22  CAC  CLOSED</p>	<p>23 MERRY  CHRISTMAS  </p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27  NO CLASSES  THIS WEEK !</p>	<p>28  See the schedule,  class guidelines,  and other info at  <a href="http://www.fumct.org">www.fumct.org</a></p>	<p>29</p>	<p>30  All classes  will resume  Jan. 4, 2021</p>	<p>31</p>	<p><u>HAPPY</u>  <u>NEW YEAR</u>  <u>2021!</u></p>	